



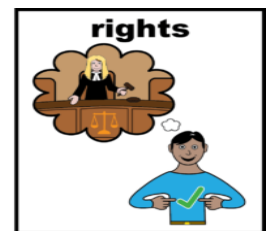
Special Olympics Great Britain
Safeguarding and Welfare Policy
(Easy read)

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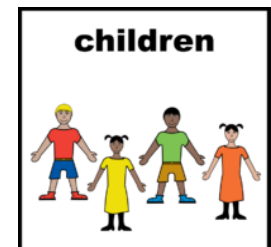
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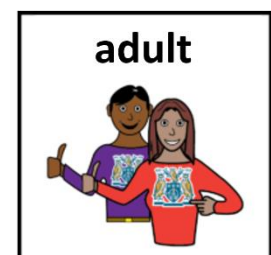
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A. What is Safeguarding?

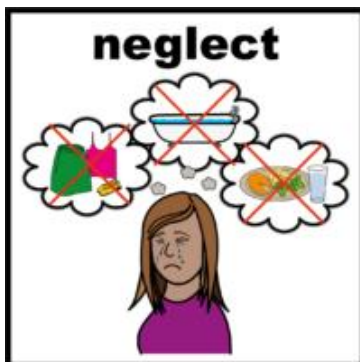
Keeping people safe is called **Safeguarding**.



Safeguarding means people are protected from abuse and neglect.

And, that they are able to be as independent as possible and make choices about how they want to live.

Abuse is when someone does or says things that frighten you or cause you harm.



Neglect is when your care and support needs are not being met.

The law says that the Council and organisations that work with people (like Special Olympics GB) must keep them safe from abuse and neglect.



For more information on the law click on the links below:

[Children Safeguarding Law](#)

[Adults Safeguarding Law](#)

B. Your Rights

You have the right to **live your life** without being abused or harmed.



You have the right to be **protected** from harm.

You have the right to be **looked after properly** and get the right support for you.



You have the right to **make choices** about how you live.

Special Olympics GB must make sure that athletes are not abused when they are in our care.



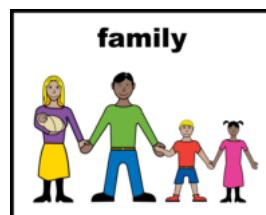
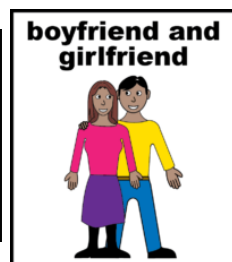


You have the **right to tell** us if you feel you are being harmed in any way or if something is being done that makes you feel frightened

C. What is Abuse?

Abuse is something that is done to a person which causes physical and/or emotional harm. It may be something that happens once or many times.

Abuse can happen **anywhere**, including at home, at a friend or family's home, at a sports club, at a day centre or group, at work, at college or in a public place.



Anyone can abuse someone else, it could be a relative, a partner, a professional, a coach, a volunteer, a neighbour, friend or stranger.

Types of Abuse

There are many different types of Abuse.

Some types of abuse only apply to adults.

First are the four types of abuse that apply to children and adults, they are:

1. **Physical abuse** - this could include:

- Hitting, pinching, kicking
- Holding someone down
- Burning someone
- Over or under feeding someone
- Over or under medicating someone.



2. Sexual abuse - this could include:

- Being touched or kissed when it is not wanted
- Being made to touch or kiss someone else
- Being forced to have sex or do sexual acts
- Being made to listen to sexual comments
- Forced to look at sexual acts or pictures



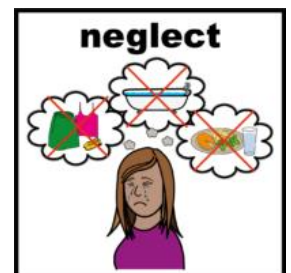
3. Psychological/Emotional abuse - this could include:

- Making you feel bad or upset
- Intimidation - when you are made to feel frightened
- Harassment - when someone won't leave you alone



4. Neglect - this could include

- Not having the right food
- Not the right shelter
- No heating
- Not the right clothing
- Not the right medical care
- Hygiene not being cared for
- Under/over-medication



Types of abuse that only apply to adults are:

5. Self-neglect – self-neglect is when you do not care for your own needs, things like:

- Not taking your medication properly
- Not eating well
- Not cleaning yourself properly
- Not looking after your property or money

All of these things can make you poorly and make you more at risk of harm.





6. Discriminatory abuse - this is abuse that happens because of your :

- Disability
- Gender
- Race
- Age
- Religion
- Sexuality
- Marital Status
- Gender reassignment
- Pregnancy



Discriminatory abuse is a hate crime, to find out more about what the law says click [HERE](#)

7. Financial abuse - this could include:

- Stealing your money or things
- Making you give people money or changing your will
- Not being allowed to have your own money
- Making you buy things for someone else using your money



8. Organisational Abuse – This is when an organisation that should be looking after someone but doesn't, it may be a one-off time (incident) or may happen lots of times. This can include:

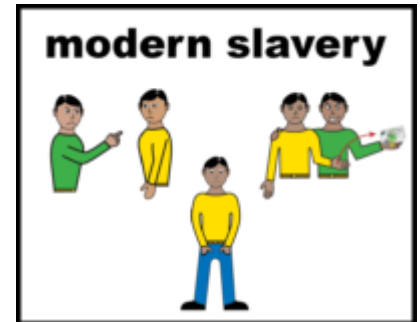
- Using power or control in a way that harms you
- Using restraint, or restrictions* that are harmful including medication
- Not meeting your care and support needs
- Lack of choice – in food, in decoration, bedtimes and lighting and heating
- Lack of personal clothing or possessions*





9. Modern Slavery – This is when someone is making you

- Forced to do work when you don't want to
- Forced to work without being paid
- Forced to do crimes
- Being locked away and not allowed to see family or friends
- Being moved around different places to work when you don't to



10. Domestic abuse/violence - this is any type of abuse that is done in your home by a partner or a family member.





D. Children

All children should have somebody that looks after them. This could be:

- A parent
- A carer
- A foster family
- A children's home



Some children are more at risk than others, these are children that:

- Have a disability, this could be intellectual and/or physical disabilities
- Sick children in a hospital setting, hospice or a children's home
- Children in families where there is domestic abuse/violence
- Children in families where drug/alcohol use is affecting parenting
- Children in care
- Children of young/unsupported parents
- Children living in poverty/poor housing

All children deserve to be healthy and safe.



That's why it's very important to tell an adult you trust if you or a child you know is being harmed.



E. Adults

Some adults find it harder to stop someone from abusing them. They are called adults at risk.

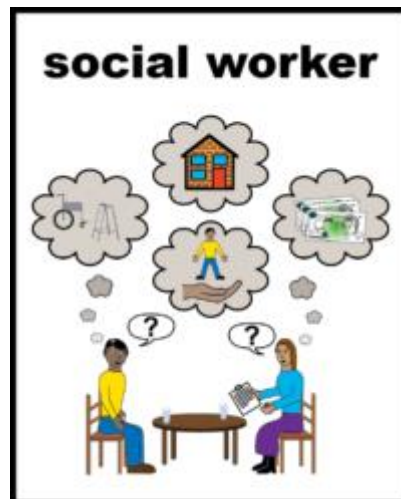
They might be someone who needs care and support because of:

- An intellectual disability
- Older age
- Physical disability
- Mental health problems
- Drug or alcohol problems
- Injury or ill health



And because of their care and support need cannot protect* themselves.

All adults have the right to be protected* from harm and it is the job of the council and organisations that care for adults at risk to protect and support them.



F. How to Report Abuse

If you or someone you know at Special Olympics GB is being harmed, abused or in



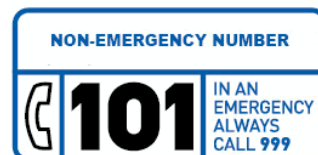


danger or you think you or they might be you must tell an adult you trust



If you or someone else is in immediate danger you can report it to the police by calling **999**.

If you or someone else is not in immediate danger but you still need to tell the police you can call **101**.



You could also tell a coach, staff member or volunteer at Special Olympics GB.



Once you've told a coach, staff member or volunteer about your concerns, they will talk you through what happens next. This is called the "safeguarding process".

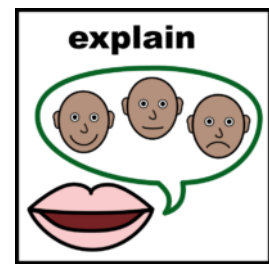
You can also call Childline on:





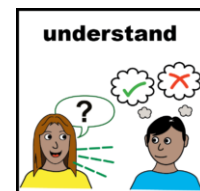
G. What Happens When You Report Abuse?

You will most likely be talked to by a Special Olympics GB Safeguarding and Welfare Officer (SWO) who will help through the safeguarding process.



This may include:

- Talking to them about what happened, what you saw or what you have been told
- They will ask you what you want to happen next
- They will help you to understand what can be done to help



- You might need to talk to other people about what happened such as a police officer or social worker so they can help



- Changes might be made that make you safer
- You might get support from other people such as family, friends, social workers, the police and doctors



- People will help to make sure the abuser can't harm you or others again

H. Whistleblowing?

“Whistle blowing” this is when you tell an adult you trust that someone in SOGB like a coach or a volunteer is harming you or someone else or that they are doing something that could cause you or others harm, like not following health and safety rules or not letting you warm up and cool down before and after training.



If someone who is supposed to be keeping you safe is doing something that puts you in danger or makes you feel unsafe you **MUST** tell an adult you trust.

That way, staff and other volunteers at Special Olympics GB can work to make things safer for everyone.

I. Important Contacts

Safeguarding and Welfare Officer (SWO)

SWO's are the people in your club or region that will help you with any worries or concerns you have. They will help you get support if you need it.

Contact details for SWO's sit within Regions/Clubs:

<https://www.specialolympicsgb.org.uk/find-a-club>

Adam Leathwood - Network Development Manager – (Safeguarding)

Adam can help with any advice or information you need about safeguarding and staying safe.

Email: Adam.Leathwood@sogb.org.uk





Laura Baxter – Director of Organisational Growth

Laura makes sure that Special Olympics GB are doing a good job at keeping you safe. She makes sure we have the right people and plans in place to help you.

Email: Laura.Baxter@sogb.org.uk



You can contact National Office at anytime if you have concerns about you or someone else at Special Olympics GB being harmed, just call the number below:

National Office Safeguarding Phone Number: 07859 484694

J. More Information

To get help from your council services follow these links:

England and Wales

Children: <https://www.gov.uk/report-child-abuse-to-local-council>

Adults: <https://www.gov.uk/report-abuse-of-older-person>

Scotland

Children: <https://www.mygov.scot/report-child-abuse/>

Adults: <http://www.actagainstharm.org/getting-help/find-your-local-contact>



For more information about safeguarding, you can click on the following links:



Special Olympics has a page of support services on their website. To find out more click [here](#):

You will find where you can get help and advice on things like learning disabilities, children and adult services, online safety, therapies, anti-bullying and lots more.

Children's safeguarding information

The NSPCC (National Society for the Prevention of Cruelty to Children) is a charity that helps children and helps places to be safe for children. They have lots of useful information on their website To find out more click [here](#).



Child Protection in Sport Unit

The CPSU (Child Protection in Sport Unit) has lot of information on keeping children safe when they are taking part in sport. To find out more, click [here](#).

Childline

Childline is a national support line for children who are being abused or are at risk of being abused. They also have lots of information and advice on their website for young people who are struggling with different issues. To find out more, click [here](#).



Adult Safeguarding Information

NHS



NHS (National Health Service) provides advice and guidance for adult safeguarding. To find out more, click [here](#).



Ann Craft Trust

The Ann Craft Trust is a charity that helps adults at risk, they also help organisations be safer places for adults at risk. To find out more, click [here](#).



Glossary/word meanings

Restraint - a measure or condition that keeps someone or something under control. This could be holding someone or tying them up so they can't move. It could also be medical restraint, medication that means you can't move.

Incident - an instance of something happening; an event or occurrence.

When we use this word in safeguarding, we mean there has been an incident where someone has been harmed or because of an incident is at risk of being harmed.

Abused - treated with cruelty or violence or harmed by another, especially regularly or repeatedly but can be just one time.

Possessions - the state of having, owning, or controlling something, something that is owned or possessed.

Restrictions – the limitation or control of someone or something, or the state of being restricted, limiting condition or measure, especially a legal one.

Protect/Protected - being kept safe from harm, especially by means of formal or legal measures.

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